

October 2016
The magazine for women

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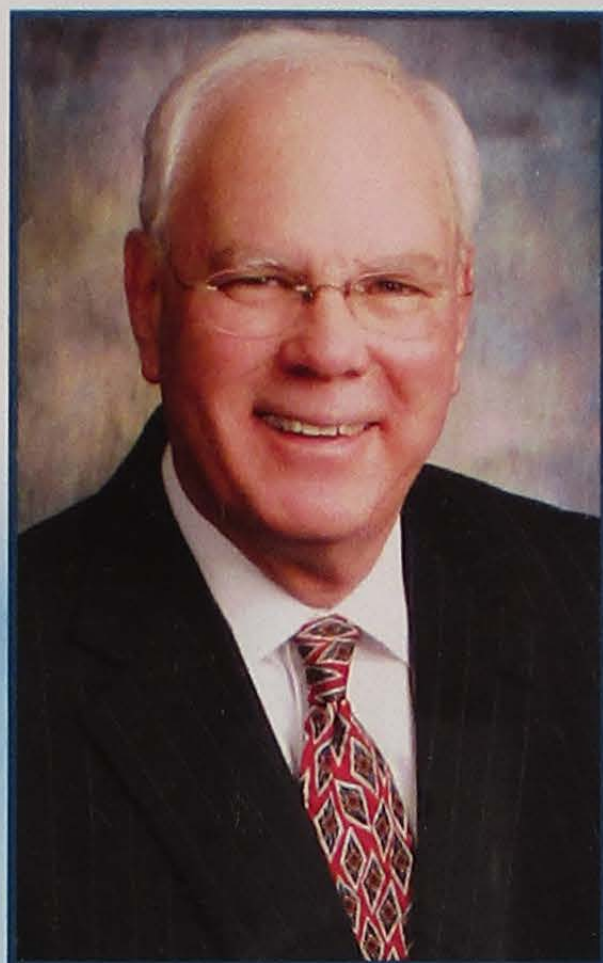
**Retreat
weekend lets
couples
celebrate life**

**Think Pink: the
fight against
breast cancer**

**Cut costs
without cutting
out everything
you love**

**Practicing
proper
symphony
etiquette**

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October is breast cancer awareness month. We all know this, but how easy it is to forget something so important until you remember you know someone who has or has had breast cancer.

My family has a long line of what we refer to as 'weird cells.' I am constantly being reminded by my mother, sister and grandmother that I need to keep up with my female check ups. Or they are asking me when was my last check up. And now that it is October, I will be badgered about it even more. It is all for the best. They care about me.

Getting checked or asking your doctor about a suspicious lump or bump sounds scary or embarrassing and for some it can be. I don't like going to the doctor so I am one of those who gets nervous every time I step through the door of the clinic — it's silly, I know.

As I am writing I have started to think about all the survivors of breast cancer that I know. I am also reminded of those who lost the battle, they will forever be in my heart and mind as a reminder to keep up on my responsibility to myself. Each woman has a personal responsibility to take the preventative measures to insure that she stay cancer free. If cancer is found, stay strong, find your village and don your armor to beat it.

To those of you who are like me and get nervous about going to the clinic, I say this to you and to me: take a deep breath and remind yourself that you are a woman, you are strong and you will be OK, no matter the outcome.

To the survivors: You are brave women. To watch you living your life gives me so much motivation in my own life. Some of you have had to remove parts or all of your breast. Some have had re-constructive surgery. Again I say you are brave. You are strong. You are a woman to look up to.

On the cover: Mary Ellen Carano, the coordinator of the cancer resource center, poses for a photo at William R. Bliss Cancer Center. Photo by Ronna Lawless/Ames Tribune

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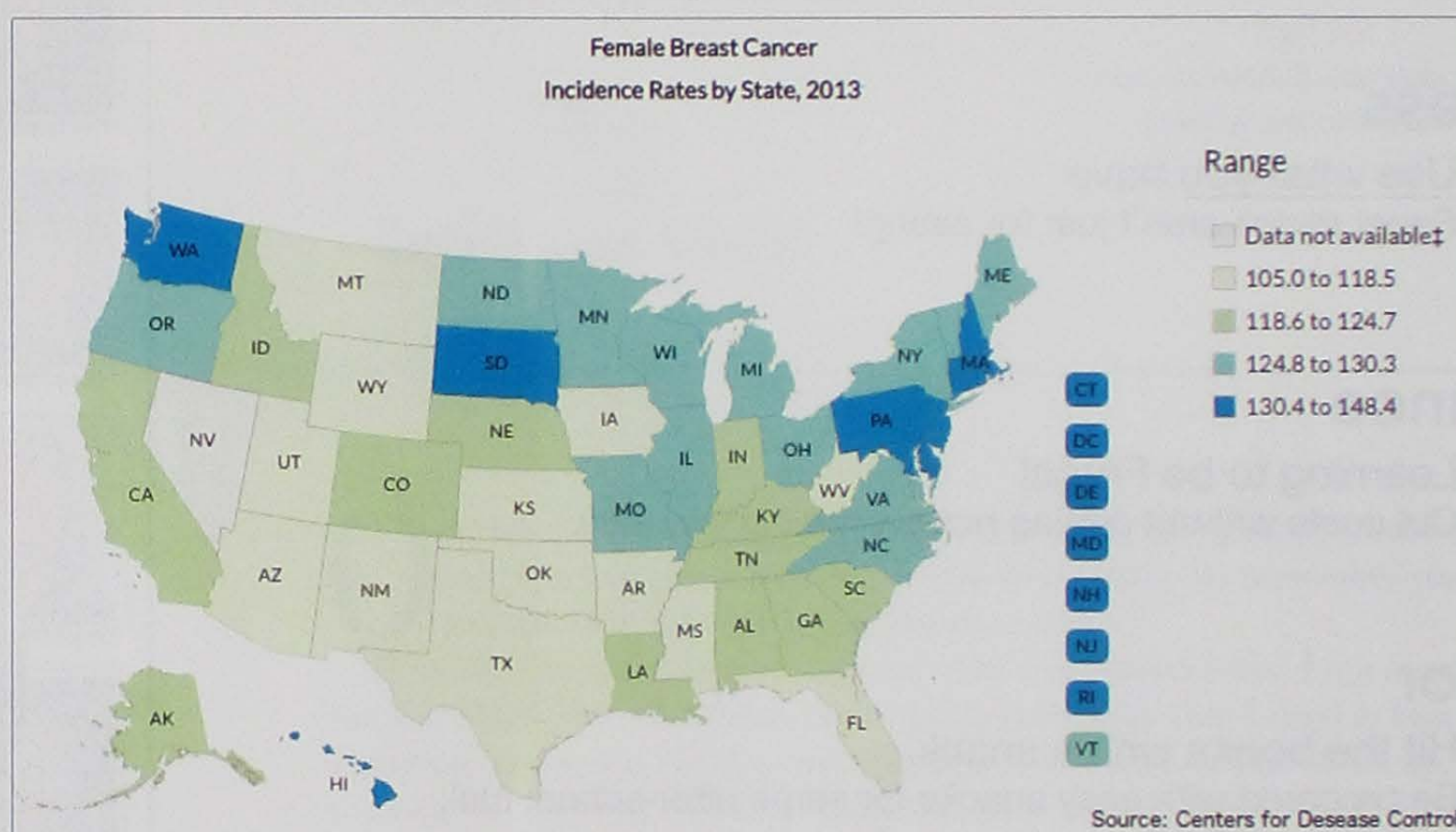
BY DAN MIKA
Ames Tribune

Breast cancer in the U.S. and Iowa: by the numbers

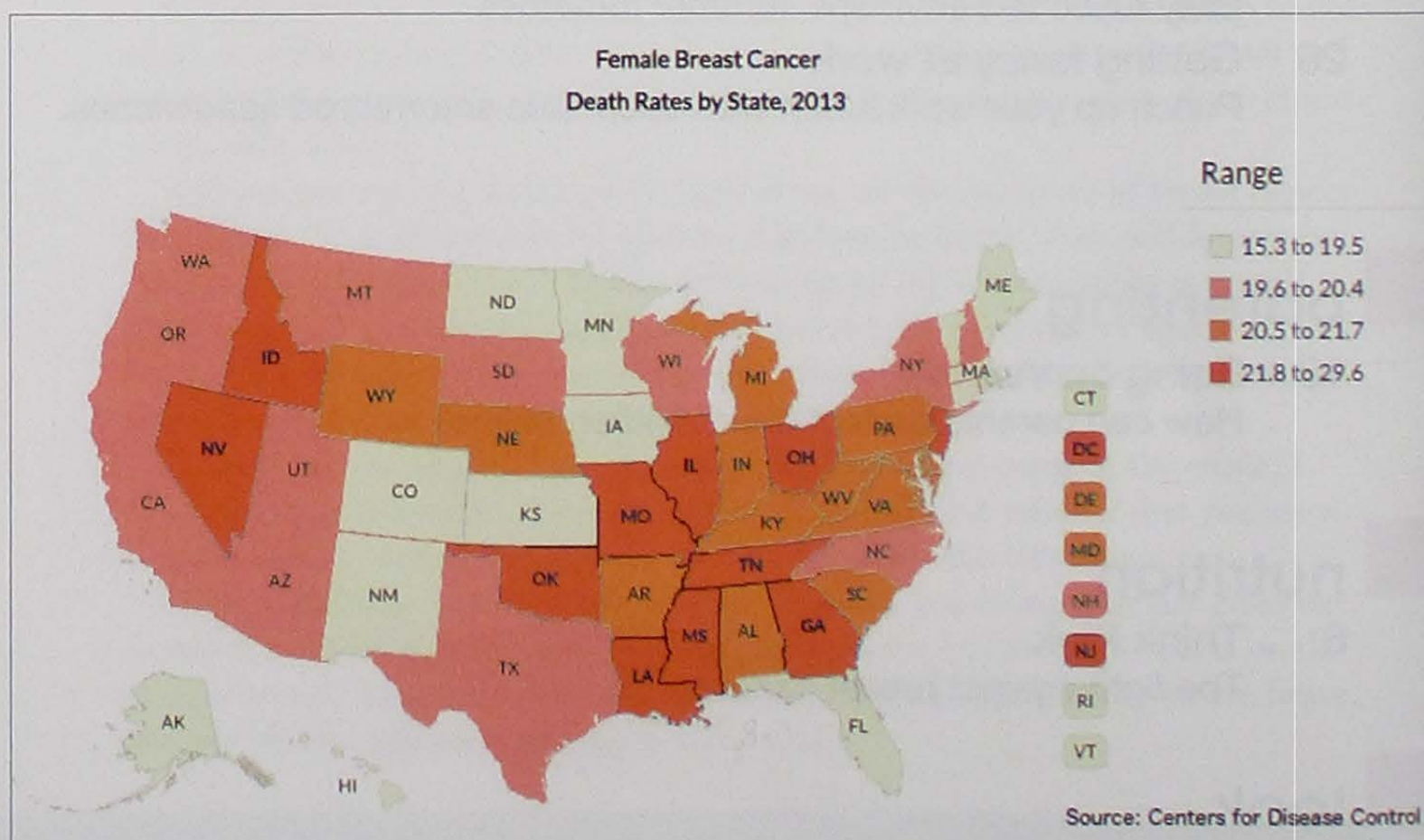
The fight against breast cancer hit the national mainstream in 1991, when the Susan G. Komen Foundation started handing out pink ribbons at its events. So, after 25 years of breast cancer awareness, how prevalent is breast cancer still in the U.S.?

■ According to the American Cancer Society's most recent statistics, an estimated 296,980 cases of female breast cancer were diagnosed in 2013, including both in situ cancers and advanced diagnoses where the cancer spread to other organs. There were approximately 39,620 deaths from breast cancer that year.

However, breast cancer is not evenly distributed amongst the states.



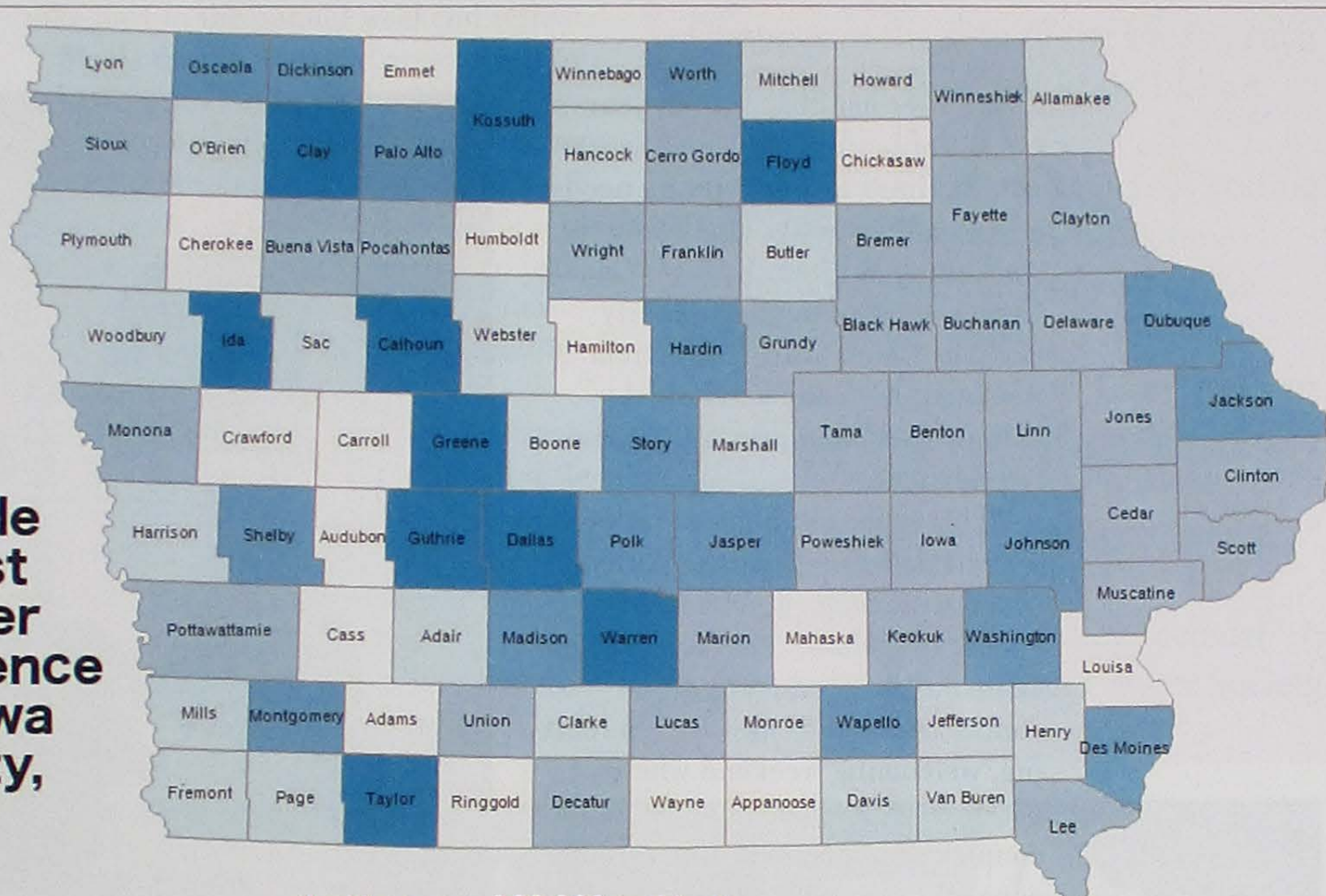
■ According to the latest data available from the Centers for Disease Control, Iowa had 118.4 cases of breast cancer in the state per 100,000 people in 2013, which was the eleventh-smallest rate of female breast cancer in the U.S. out of 49 states (Nevada's incidence data was unavailable.) Wyoming had the lowest, at 105 cases per capita, while New Hampshire had the most at 148.4 per capita.



Iowa broke the top 10 in terms of patient survival, tying Connecticut for seventh with 18.2 deaths per capita from breast cancer. Hawaii had the lowest death toll with 15.3 deaths per capita, while Louisiana had the highest at 23.9 per capita.

■ On a statewide level, breast cancer in Iowa has remained rather steady from the beginning of the century. The average breast cancer rate around the state, when controlled for population, is 64.72 cases per 100,000 people. While it's not surprising for older people (people age 50 and above, in particular) to suffer higher rates of cancer than the rest of the population, Iowa women are almost four times more likely to develop breast cancer once they reach 50 years old.

Female Breast Cancer incidence by Iowa county, 2013

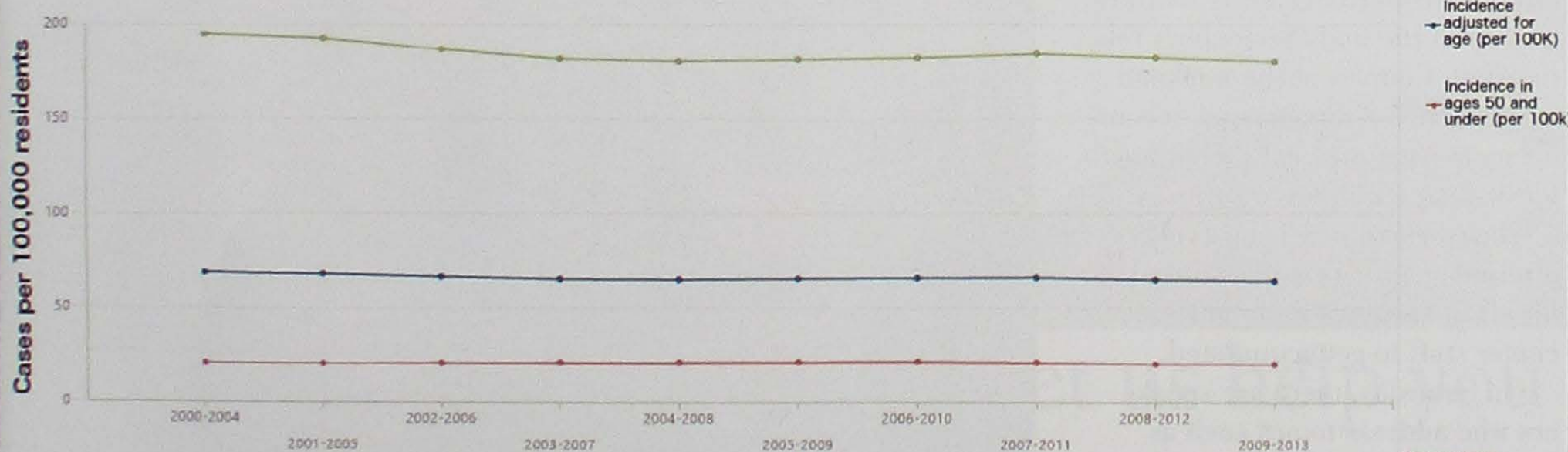


Incidence per 100,000 residents

38 - 51 51 - 59 59 - 67 67 - 73 73 - 88

Source: Iowa Department of Public Health

Iowa female breast cancer rates 2000-2013



Source: Iowa Department of Public Health

■ At the county level, Story County has slightly more incidences of breast cancer than normal, with an average of 67.35 cases per capita annually between 2009 and 2013. That showed a 1.9 percent decrease in breast cancer cases in the county since the last time period.

BY RONNA
LAWLESS
Ames Tribune

Retreat weekend lets couples celebrate life

After months, or even years, of battling a disease, sometimes a couple really needs a weekend getaway. That's why the staff at the William R. Bliss Cancer Center decided to offer a yearly Couples Celebrating Life retreat weekend. It's a weekend of education, meditation, recreation and refreshment.

"This is the sixth year that we've offered these weekends to patients who have a Stage 4, advanced cancer diagnosis," said Mary Ellen Carano, the coordinator of the cancer resource center. "It's a relaxing, welcoming weekend where patients get a chance to meet other couples who are also going through cancer."

The retreat weekends are held at the Iowa House Bed and Breakfast. "We rent out the whole house for the weekend, due to privacy and the sensitive subject matter," Carano said.

Metastatic cancer can affect more than a patient's health. It can also affect their partner's daily routines, quality of life and the couple's relationship. Couples at the weekend retreat receive support and encouragement from medical professionals for dealing with these effects.

The weekend starts on Friday afternoon, with an opportunity for all the couples and the cancer center staff to get acquainted.

On Saturday, there are speakers who address topics such as the physical challenges of cancer, spirituality and communication.

"They are skills that are needed to help deal with this stage of life," Carano said. "We talk about palliative care and symptom management."



Mary Ellen Carano, the coordinator of the cancer resource center, poses for a photo at William R. Bliss Cancer Center. Photo by Ronna Lawless/Ames Tribune

There are breakout sessions for the men and women separately, which are led by a psychologist and are gender specific.

"Then everyone has some free time," Carano said. "We have licensed massage therapists available for couples who would like to get massages."

There is also a site counselor for individuals who would like appointments.

"We have a really fun activity in the evening and the couples enjoy the fellowship. The activity is a surprise for the couples who attend the retreat weekend, so I don't want to give too many details about it," Carano said.

The first year the Bliss Cancer Center offered the retreat weekend, it was for breast cancer patients and their husbands. It grew to include other female cancers diagnoses. Patients with prostate cancer were the next addition to the retreat weekend. And now it involves any type of Stage 4 cancer.

"There are different diagnosis, but the advanced nature is what bonds the couples," Carano said.

The couples retreat weekend is

marketed to different cancer centers around the state, so not all of the patients are Bliss Cancer Center patients.

"We welcome couples from all over Iowa," Carano said.

The weekend is completely free for the participants, thanks to funding from the Mary Greeley Medical Center Foundation. Approximately six couples usually take part in the annual weekend retreat.

Meals for the weekend are catered by ISU Dining, Carano said. "The food is excellent, and the catering keeps us from diverting our energy from the couples to focus on the details of the meals."

"It's a very meaningful weekend for the couples who participate," Carano said. "We leave on a good note, feeling really positive with what we offer."

"The couples make new friendships and have a great time. It can feel a little intimidating to them at first, but when they take a leap of faith and try it, they enjoy it. We have several couples who have requested to attend again the next year. That says a lot about their experience here."

BREAST CANCER: WHEN TO CALL A DOCTOR

Call a doctor if you have:

- A painless lump in your breast or armpit.
- A change in the size or shape of the breast.
- Changes in the skin of the breast, such as a dimple or skin that looks like an orange peel.
- A change in the nipple, such as scaling of the skin, a nipple that turns in.
- A change in the color or feel of the skin around the nipple.
- Swelling of all or part of a breast (even if no distinct lump is felt)
- Breast or nipple pain
- Nipple discharge (other than breast milk)

* According to Mary Greeley Medical Center and the American Cancer Society

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This beautiful old rocker chair was exposed to the weather elements in an old barn. The bent wood seat was ruined and had to be replaced. This old rocker is now restored to a stunning, functional piece.

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BY KAREN
SCHWALLER
Contributing
Writer

Keeping the Farmer Healthy

A wise old man once told me, "...I'm not sure if farmers farm because they're stubborn, or if they're stubborn because they farm."

He's the man with the golden tongue, and he's absolutely right on both counts.

My husband has barely ever had as much as the flu as long as I've known him. He's battled through some wicked colds, although we're still awaiting a chance to try a family friend's cure—all of downing a shot of blackberry brandy when the cold is first coming on.

I think he secretly bootlegged blackberry brandy in his basement and was looking for customers. Still, he said he never once had a cold after he started doing that.

And you thought you wouldn't learn anything from reading this piece.

My husband has had quite a year. Last year he pinched a nerve in his neck while running the rock picker. He dealt with it on his own until the pain became larger than life, and he had to do something about it. Surgery early this year took care of that problem, but it was hard to keep him down as he recovered. (And those wild, pain-medication-driven dreams. Wow.)

March came along, and while



working in the shop one afternoon, he managed to have his foot directly under the skid loader bucket as it came crashing down. I'm sure he broke his big toe, but we'll never know unless they switch to using toe records instead of dental records to identify people in times of crisis. He powered through it because there was work to be done.

With the typhoon season of this past spring, getting the crops planted was like a combination of participating in a standoff with FBI/ATF agents and playing chicken. Our sons had committed to a job of cleaning up 1.7 million bushels of corn at the local ethanol plant. They were to start in early April, but were delayed two weeks at the request of ethanol plant officials. This put us behind the

8-ball for planting, but it could still work if we kept it together.

And that's when it happened.

I got a call from our farm associate one mid-May morning from a job site to say my husband had fallen out of a skid loader bucket and the ambulance was coming to get him. At the hospital we heard the words 'skull fracture,' 'brain bleed,' 'compression fractures' and 'helicopter.' By the grace of God, he survived that accident — but it was smack-dab in the height of planting season, and we were short just about everyone to get the crop in now.

Because of our sons' willingness to do double duty, our farm associate and the help of neighbors and friends, the crop got planted. We were at our best and our worst all



at the same time. My husband was frustrated that he couldn't run the planter, but insisted he was good to go with other planting jobs like helping load the seed

tender and hauling seed. He was too stubborn to stay down for long. It was hard for him to watch someone else plant his crops.

Three months later, he would find himself pinned beneath his pickup as it rolled off the ramps while he was working under it. Unable to breathe, he got the attention of our farm associate, who drove the truck onto the ramps, then used a jack to lift the truck off of him. Again, by the grace of God he is with us — and powering through his pain to get the work done.

Just yesterday he narrowly escaped slicing the end of a finger off while working on the bean head. And still he goes on from all of this — walking a little slower, catching his breath, rubbing what hurts and cussing when he hits his sore finger on something.

Is it stubbornness, or is it just a farmer's way? I don't know if a lifestyle change is in order or if he needs to go to medical school to support his health and farming habit — but I'm telling you that if he makes it to New Year's Eve, we're going to celebrate. And I think his guardian angels — all of them — should get special, engraved invitations.

They have to be exhausted.

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Proper theater etiquette



Stephens Auditorium, Iowa's Building of the Century. Contributed photo

Attending a symphony or other live shows is an exciting experience, and knowing how to act at a performance isn't too difficult. But from time to time, we can all use some reminders about show etiquette.

"Generally, it's recommended that you arrive 30 minutes before a performance is scheduled to begin," said Angela Ossian, director of marketing at the Iowa State Center. "That way, you have time to purchase concessions, find your seat, and read the program before the show starts."

"Be respectful of the performers on stage by arriving early. They've put a lot of effort and practice into their performance," she said.

People who arrive late disturb the performers on stage and audience members. If you are late, you may be held out or reseated until an appropriate time for you to get to your assigned seat.

One of the most important things to keep in mind is to avoid making noise that might distract the performers/musicians or other audience members. Little things like smacking or cracking gum, rattling the pages of programs, tapping feet or drumming fingers, humming, or coughing, can annoy those around you. If you anticipate you'll need cough drops, unwrap them prior to the beginning of the show. Talking — even whispering — is a distraction to other audience members.

On the other hand, you're there to have an enjoyable evening, and if something is bothering you, you should talk to your usher.

"Should you not like your seat for whatever reason, don't suffer in silence," Ossian said. "Let your usher know the problem you have, and they can address it. For example, if the person next to you is wearing too much perfume and it's affecting your enjoyment of the show, your usher may be able to



ANGELA OSSIAN
Director of Marketing
Iowa State Center



HOLLY BOMAN
Marketing Manager
Iowa State Center

find you a different seat."

"If the sound of the performance is too loud, the usher may be able to seat you in a quieter spot, and if it's hard to hear, there are listening devices available at guest services," said Holly Boman, marketing manager at the Iowa State Center. "We want people to have a positive experience."

"Our patrons usually dress in business casual attire for most performances," Ossian said. "If you are celebrating something special, by all means, dress for the occasion. However, we'd rather have a patron come in jeans than not come at all out of concern for how they are dressed."

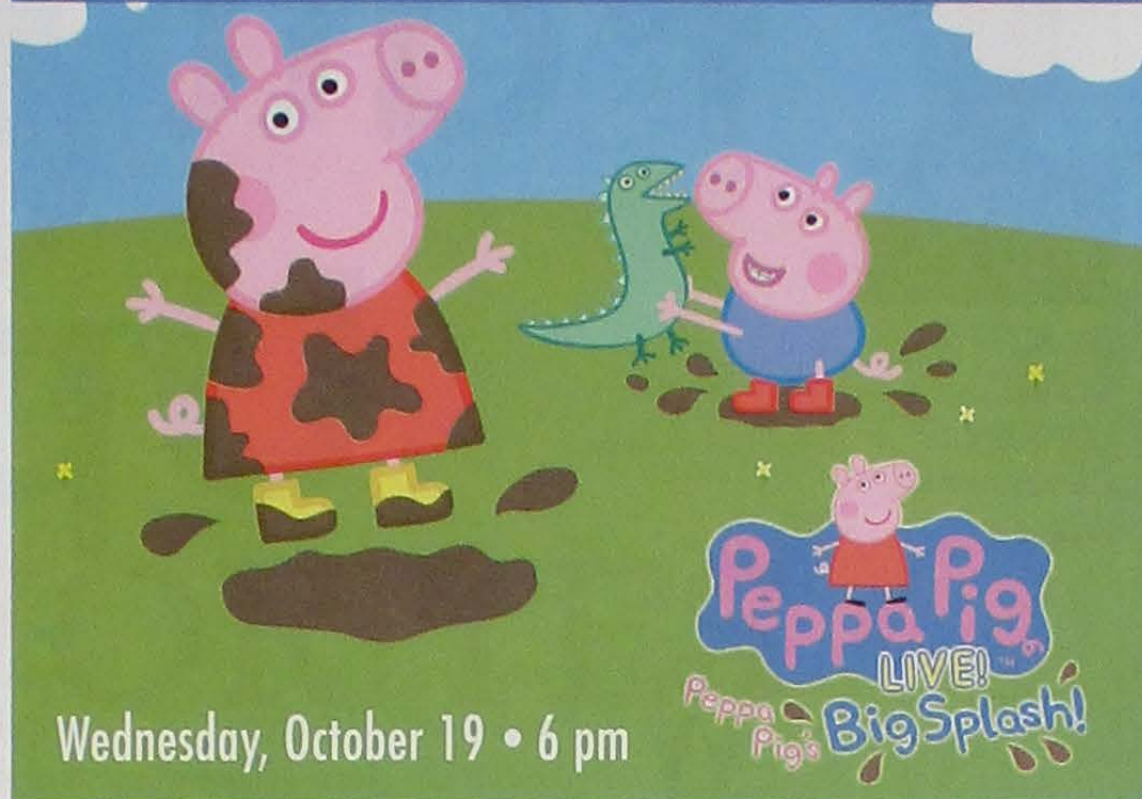
Don't forget to turn off your mobile devices when attending a show. Even having them on vibrate can be distracting. Don't text during a performance; the glow from an electronic device is very distracting in a dark theater."

Attending a show is a wonderful experience for a youngster, but it's a good idea to take some time and select the proper show for your child's age. Infants should not be brought to a concert; they're too little to appreciate it and they may make it more difficult for people around you to enjoy themselves.

The question of when to applaud while listening to an orchestra can be a challenging one. In most genres of music the audience claps whenever there's an ending. In classical music, however, one piece may have several movements with short pauses in between them. Generally, the audience should wait until the very end of the last movement before applauding. If you're nervous about this, just wait for everyone else to start clapping!

Enjoy the show!

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BY MARY
CLARE
LOKKEN
Contributing
Writer

Fall Fashion Update

**Colors include
a muted
orange shade
(think pumpkin
spice warmth),
rich shades
of blues
from pop art
vibrant blue
to subtle warm
blues, black
and white
(always and
forever), and
even some
lime green for
those brave
enough to
wear it.**

What are the new fashion colors for fall? Have you looked in the stores? These decisions are made months, even years in advance. New developments in fabrics and clothing construction techniques drive the fashions you will see in stores and drive the hair, skin and

nail products you will find in salons and stores.

So let's get ready to update our looks for fall with the current color and designs. This does not have to be expensive and can be fun even if you aren't a fashionista. Be yourself with a few updated items that either are just one season wonders or are classics you love and wear forever.

Colors include a muted orange shade (think pumpkin spice warmth), rich shades of blues from pop art vibrant blue to subtle warm blues, black and white (always and forever), and even some lime green for those brave enough to wear it.

Could you wear a dress with sneakers? Or how about novelty denim (bedazzled and

ripped to shreds)? Not ready for that extreme look? Try mixing fabrics like fur with silk, mixing colors like pink with red, or polka dots with florals. Still too bold? How about a silk blouse a bit oversized with torn jeans? Just take

part of a look you see on the store mannequin and add it to your favorite jeans and shoes.

Fashion is always about toning down a magazine or runway look to your comfort zone, climate and culture. Not everyone has winter like Iowa. That's why you see lightweight fabrics in both spring and fall trends.

Dig out your leather or suede jackets, vests, coats, pants, etc. Start by putting the new colors with what you already love be it bags, shoes, accessories. Fill in with dresses, skirts, blouses and other tops. Voila, your new fashion for fall trend!

Here's an example from my closet. I have a rich caramel brown leather jacket I will wear with jeans (not ripped for me — I'd look like I burst out of them). I have bright orange flats and a bag that I could team with a navy shirt and slacks. But maybe I shouldn't wear the bag and flats together too much. Being too matchy-matchy is evidently not cool anymore. Is being cool even cool anymore?

Now I'm heading to the salon to update my hair color to a fall/winter warm red. Check out your color to be sure it no longer screams summer blonde or dull sun damage. Your stylist has lots of options to update your color even if you have natural highlights (don't say gray).

Thinking about a new haircut? Want a bit of length added to your shorted hair? How about some tendrils that peak out from behind your ears? Did you know if you look at your profile that you should have half of that space covered with hair? It's all balance related. Even though long locks remain strong for fall and seemingly forever,

you may need to nip out some places to make the balance right for you.

It used to be after a certain age women wore their hair short. Who made that rule? Wear the length that you are willing to care for. Don't tell me you want it long so you have flexibility if that just means it hangs or it's hooked up in a banana clip. That's fashion failure. Braids and twists can be accomplished by anyone who loves long hair.

The millennials are wearing shades from platinum to gray and making it look great. If you are blessed with natural coloring like that you may just want a shampoo or treatment to keep the yellow tinge out of your glorious gray locks.

Bottom line is that no color is bad if it makes you look great. Ditto that for makeup and nail colors. With the addition of individual eye lashes you can look like you were born with them. Just be sure you make only one color pop in your makeup — eyes or lips not both.

Have you tried gel or shellac nails? I love my every-other-week shellac manicure. I do absolutely nothing to maintain them and my nail artist can add nail art for the season, sports team or holiday. As a former nail biter, this is a great way to transition to perfect looking nails.

Be on the lookout for eye art. It's where the eyelid is literally decorated with a scene or animal or design you love. I don't believe I could do this on myself and you need an eyelid that holds the art when open, but it is gorgeous and very special occasion. So you go to an opening at a theater or art gallery and you wear art on your eyes. Now that's fall fashion trending!



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How can parents protect their children online?

When Shelley Prevost's oldest child was 10, she and her husband signed him up for a Minecraft account. "It literally changed my life as a mom overnight," the psychologist says.

Soon, she and her husband were worried their son was sick. He started to hate school and was sleeping late. The reason, they discovered, was that after she and her husband went to sleep, their son got up, found an iPad or computer, figured out the password, and played Minecraft until it was time to get up for school.

"I had worked so hard to be balanced and boundaried," she said about the technology. "Everything I tried to do, we just felt in over our head. I would just unplug the router every night."

She soon talked to friends, one who discovered her daughter using her phone in the middle of the night. Another said her daughter came to her after posting a video on YouTube in which she was wearing a bikini at a pool. A man from another country had tried to get the teen to contact him.

Prevost's issues with her son were the impetus for her inventing a product called Torch, a wireless router that can act as an Internet timer, filter and blocker. But, she said, she didn't want this or any other product or app to be a substitute for conversation with her three children. "That's the key: How do we use these tools as a conversation?"

As children of every age navigate the new world of devices, online games and social media sites, parents are attempting to buckle down in every way possible. Many have downloaded apps or software to block sites or monitor their child's every online move. They retain passwords and the right to look at anything their tweens are doing on their phones. Others put geotrackers on kids' devices so they know where they are at all times. But one thing parents can't forget is how to talk to their children so they can truly monitor what's going on with devices and all that comes with them.

Let's put it this way: Your daughter could be crying in her room right now because of something she saw on Snapchat, explained Devorah Heitner, author of "Screenwise: Helping Kids Thrive in their Digital World." But how would you know why she's crying unless you're talking with her? Your monitoring app may show she was on Snapchat. That won't tell you much unless you're having conversations with your daughter about what she's facing. "The problem with apps is they give you data, but it's just raw data," Heitner says. "If [your teens] are trying to hide from you, they can. . . The key is conversation."

Protecting teens, especially, is a two-step process, says

Michael Oberschneider, a child psychologist with Ashburn Psychological and Psychiatric Services in Virginia, and author of the children's book "Ollie Outside: Screen-Free Fun." "Have tons of conversations. And have guidelines in place as a family," he said. And if you decide to use tracking software or apps, be open about it. "Get buy-in from kids. . . Explain what systems you're using; don't sneak them onto the phone." You have to have some trust and respect, he said. And adjust as necessary.

Other advice Oberschneider gives to parents:

- Block adult content with parental controls on all devices.
- Designate screen-free zones in the house.
- Technology use should be in public. Don't let kids have TVs, gaming systems or computers in their rooms.
- Keep them busy. If your child is outside the house and busy, she or he won't have the time to become addicted or go off-track with devices.
- Periodically check the browser history of your child or teen's computer and other devices.
- Talk to your child or teen about appropriate behaviors that apply in both real and online worlds.
- Lead by example and limit your own media use.
- Technology should be a positive thing for children and teens. When used appropriately, it can complement their lives.
- Familiarize yourself with the sites and activities they're interested in.
- Discuss the importance of anonymity and privacy online.
- Make clear to your child that they should speak to you as soon as they feel harassed, bullied or uncomfortable in any way when using technology.

Helpful sites he recommends for parents to educate themselves:

- Get Net Wise
- American Academy of Pediatrics Safety Net Initiative
- FBI Parent's Guide to Internet Safety
- Wired Safety
- On Guard Online

But the most important thing is to talk and have a relationship with tweens and teens. Monitoring software exists and can be used gently, but apps that control and watch everything a teen does can easily backfire. "You have to have a plan for independence," Heitner says. She recently spoke at a high school where a parent told her they still geotrack their child who is at college. "So what's your plan for later?" Heitner, also a former college professor, asked.

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BY CAMERON
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Cut costs without cutting out everything you love

If you want to save money, you might consider cutting out your daily latte. While you're at it, ditch anything else you enjoy, if it's not an essential expense. That's what being frugal and budgeting is all about, right? Wrong.

You can live on a budget and have your latte, too — or cake or vacation or whatever else adds joy to your life. In fact, frugal living can help you afford what you want. Here are some frugal living tips to help you cut costs without cutting out everything you love.

IDENTIFY PRIORITIES TO ELIMINATE UNNECESSARY SPENDING

The best way to budget without feeling like you're restricting yourself is to think about where you want your money to go.

"Before people start looking at the numbers of their spending, it's important to identify your priorities,"

said Liz, aka Mrs. Frugalwoods, who runs the personal finance website Frugalwoods.com and prefers that her last name not be used. "What are the things you value, and what are the things you want to accomplish?"

Perhaps you and your partner want to take a vacation every year, retire early or have one of you stay at home with your children. Once you know what your goals are, you can comb through your expenses to see whether your money is going toward things you value or things that aren't as important.

"It becomes easy to cut out unnecessary spending when you think about, 'Would I rather get my nails done every week or take a two-week vacation in Hawaii?'" Liz said.

She and her husband made it a goal to leave their office jobs in the city and work from home on a 66-acre homestead in Vermont. They were willing to pay a lot for a nice house because they spend most of their time at home. But

they drive an older car, Liz's husband cuts her hair, and she hasn't bought new clothes in two years — because those things aren't as important to the pair.

FIND WAYS TO TRIM RECURRING EXPENSES

Eliminating unnecessary spending and living frugally will help free up more room in your budget for things you value. However, Liz noted that you also need to look at your recurring expenses — such as mortgage or rent payments, utilities, and gas for your car — to identify the costs that are fixed and not fixed.

"Groceries are not fixed," she said. "We need groceries, but the amount we're spending on them is not fixed."

To save money on food, Liz and her husband buy raw ingredients in bulk — rather than items that are packaged and pre-made — and make most everything they eat, including bread and baby food.

"Our grocery cart is typically all things that need to be cooked," she said.

The couple typically cooks large batches and then freezes them in smaller portions that can be warmed up for easy meals during the week.

"I call it frugal take-out," Liz said, adding that this choice leaves more room in the budget to indulge in some of the pricier food items they enjoy.

So, don't gloss over your recurring expenses and assume they're all fixed. In addition to cutting food costs, you might be able to lower your monthly bills by switching service providers, negotiating lower rates or even eliminating services you don't need.

DO WHAT YOU LOVE FOR LESS

Holly Johnson, founder of the blog Club-Thrifty.com, said that when she and her husband created a plan to cut expenses so they could pay off debt, they agreed that travel was one category of spending they didn't want to eliminate.

"As a result, we cut back further elsewhere so we could continue traveling a few times per year," she said. "Our trips are a huge treat we don't want to live without, so we sacrifice elsewhere to afford them."

However, Johnson also found a way to make traveling more affordable — by scoring free flights and accommodations with credit card rewards. By charging all of her family's expenses to credit cards — and

paying off the balance each month — she earns enough rewards to take seven to eight trips a year at almost no cost to her.

Another way to do what you love for less is to use discounted gift cards. Author Donna Freedman said she finds gift cards for movie theaters that cost 20 percent to 25 percent less than face value at sites such as GiftCardGranny.com. She uses the cards to save money on "fun stuff, like going to the movies or taking my nephews out for a burger."

Freedman also suggested that individuals sign up at sites such as Swagbucks.com and MyPoints.com and earn points by taking surveys and watching videos. You can then redeem the points for gifts cards to theater chains or a variety of retailers. By looking for ways to enjoy the activities you like at a lower cost, you won't have to eliminate all luxuries from your life to save money.

LOOK FOR INEXPENSIVE SUBSTITUTES

Another tip on how to be frugal without cutting out the things you love is to find lower-cost versions of them. For example, you can save money by buying generic brands instead of brand-name items — especially at the supermarket. In fact, store brands can offer great value at a lower cost.

Liz said that she and her husband love seltzer water but didn't want to pay a lot to buy it in bottles or buy a machine that turns tap water into sparkling water.

"We thought, 'How can we do this for less?'" she said. So, her husband figured out how to turn an inexpensive carbon-dioxide tank into a seltzer maker.

Thanks to the internet and YouTube, it's easy to find hacks and do-it-yourself videos to acquire or make the things you want for less. So, search online for a cheap alternative before you buy.

MAKE COMPROMISES

You might be able to afford some of the things you want if you're willing to make compromises. For example, if you love designer clothes, you can get your brand-name fix for less — if you're willing to buy gently worn items at a consignment or thrift store.

Mike Delgado, director of social media at the credit bureau Experian, said he loves music — especially hip hop.

"(I) can easily go crazy buying songs by Kendrick, Lupe, JGivens, John Givez," he

said. But he cuts his music budget drastically by using Spotify, a digital service that offers free access to music. He then uses the cash he saves by not buying songs to see the concerts of his favorite artists because he values the experiences more.

TRADE TIME INSTEAD OF MONEY

You've no doubt heard the saying that time is money. But Liz found that she could save money on an activity she loved — yoga — because she was willing to trade her time.

While living in Cambridge, Mass., Liz enjoyed practicing yoga at a studio but wanted to find a way to do it for free. She found out she could take classes at no cost in exchange for volunteering a few hours at the studio's front desk and taking out the trash once a week.

Her Frugalwoods blog readers have also been able to score free classes in exchange for volunteering their time at studios and exercise facilities, so Liz's experience isn't unique. If there's an activity you enjoy, ask whether you can do it for free by trading your time.

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BY KECIA
PLACE-FENCL
Contributing
Writer

Paper Plates aren't just for Eating!

October is a time of beautiful fall colors, shorter daylight hours and cooler weather on the way. It is a time to start thinking about taking your strength training workouts indoors. Using paper plates is an excellent way to keep your workout simple and inexpensive, while allowing you flexibility to take your workout with you anywhere and challenging multiple muscle groups at the same time!



SINGLE LEG LOW LUNGE: With the foot of your back leg on the paper plate, lower down into a lunge position. Stay low while you repeatedly slide your back foot forward and backward. Do not stand up during this motion. Continue this movement for 30-60 seconds before switching legs.



MOUNTAIN CLIMBERS: Starting in the plank position with one paper plate under each foot, pull one knee under your body straight up to your chest, push that foot back to the plank position and pull the other knee under your body straight up to your chest. Continue to alternate your legs under your body to simulate climbing a mountain (running) under your body for 30-60 seconds. Try to keep your hips level and parallel to the floor throughout this exercise.

SWIMMERS ARMS: Start by laying on your stomach with one hand on each paper plate. Pretend that you are doing the breaststroke in swimming by pushing your hands up the middle, circling them out and bringing them back up the middle. Repeat this movement for 30-60 seconds before reversing the movement. Now move your hands out in a circle and bring them down the middle for 30-60 seconds. As you do both of these movements, lifting your toes off of the floor will activate muscles in



Crunch/oblique crunch combo. Contributed photo
your lower back and arms simultaneously, challenging more muscle groups.

CRUNCH/OBLIQUE CRUNCH COMBO: Starting in the plank position with one paper plate under each foot, crunch both of your knees up to your chest. Slide both of your legs back to plank position and then crunch both of your knees up to your right elbow. Slide both of your legs back to plank position and then crunch both of your knees up to your chest. Slide both of your legs back to plank position and then crunch both of your knees up to your left elbow. Repeat this rotation for 30-60 seconds.

SINGLE LEG HAMSTRING BRIDGE: Start laying on your back with one foot on each paper plate. Lift your glutes off the floor and slide one foot up toward your glutes so your knee is bent. Keeping your glutes off the floor, slide your foot back out long. Repeat this with the other leg. Continue this movement for 30-60 seconds.

INCHWORM: Start standing with one paper plate under each foot. Bend forward at the waist and place both hands on the floor. Slowly walk your hands forward until you are in plank position. Use your core strength to slide your feet back up toward your hands. Continue this process for 10-12 repetitions.

Single leg low lunge position 1, above, and position 2, below. Contributed photos



Spiderman. Contribute photo

PLANK JACKS: Starting in the plank position with one paper plate under each foot, slide both feet out and away from each other at the same time. Then slide both feet back together in plank position. Continue this movement for 30-60 seconds.

SPIDERMANS: Start in plank position with one paper plate under each foot. As you lower your upper body toward the floor in a push-up position, slide your right knee up toward your right elbow at the same time you are lowering your upper body to the floor. Return back to plank position by pushing your body upper body back up and returning your right leg back to neutral. As you lower your upper body toward the floor in a push-up position, slide your left knee up toward your left elbow at the same time you are lowering your upper body to the floor. Return back to plank position by pushing your upper body back up and returning your left leg back to neutral. Repeat this movement for 10-12 repetitions.

If time allows for you to complete all or part of this workout a second time, do it! Take advantage of the time that you have and burn those calories while developing strength! After all, paper plates aren't just for eating anymore!

****Before you begin any exercise routine, please consult your doctor.**

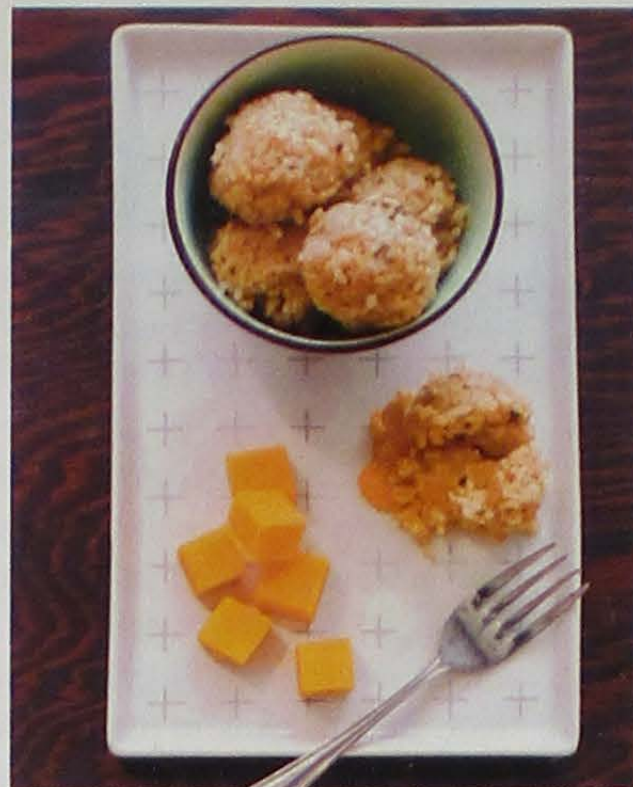
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BY CATHERINE MCCORD
Special to the Washington Post



Mexican rice Balls, left, and Cinnamon honey wheat thins. Photos by Goran Kosanovic/for the Washington Post

Peach fruit leathers, right. Photo by Dudley M. Brooks/Washington Post

Be prepared with easy snacks for some after-school fuel

The final school bell rings, and your sweet child runs into your arms exhausted, hungry and, therefore, totally grumpy. Sound familiar? To keep their energy (and mood) up for after-school activities, homework and good ol' play, children require wholesome, nutritious snacks to tide them over till dinnertime. However, consistently having plenty of good options on hand can be challenging for parents. Having made kids and food my life's work for the past decade, I have come up with these rules of after-school snackmaking:

1. Being dense can be smart. When you want to stimulate young minds and tummies, nutrient-dense foods are the best. Simple snacks such as yogurt, nuts or a banana can eliminate your child's hunger pangs and sate their cravings. (I like that they also tend to be virtually cleanup-free.)
2. Take them to the water. Staying hydrated is essential, but picking the right beverage is key. Instead of reaching for a juice box or a bottled fruit smoothie (the latter being a better choice but pricey), try offering your child a whole piece of fruit and a glass of water. That way, her body gets plenty of fiber from nutritious fruit, plus the water she needs to stay hydrated. Aside from being good for you, keeping the water flowing is a snack-time tip that's easy on your wallet.
3. Make your freezer your new best friend. Whenever you make cookies, waffles or pancakes, freeze what's left over in zipper bags or containers, labeled with the contents and the date. Then, simply remove a few to pop into the toaster so you never need to prepare an after-school snack from scratch again. This tip also is ideal for those times when you have leftover soup. Freeze it in a glass container filled three-quarters full, then quickly reheat on the stove or in the microwave whenever a hot cup of soup seems like the ideal afternoon snack.
4. Dippity do. If your children tend to be finicky about vegetables, after school (when they're super hungry) can be the

perfect time to try this. Put out an array of raw or steamed vegetables, such as carrots, celery and cucumber spears, and offer hummus, salad dressing or a creamy yogurt dip on the side. The combination of hunger and the fun activity of dipping food can help engage a child in eating something nutritious. (In these cases, avoid putting out crackers or anything else that might distract from the veggies.)

5. Everyone can use a boost. Add wholesome ingredients to favorite snack recipes. Up the nutrition of cookies by mixing protein- and omega-rich hemp seeds into your batter. Use whole-wheat flour and a touch of honey instead of sugar in Cinnamon Wheat Thins. Or add a handful of chopped kale or beet greens to a smoothie. Nutrient-packed chia seeds sprinkled on top of a fruit-and-yogurt parfait is another time-tested favorite of mine. The options are practically endless, but remember that balance is important, so make a list of those things that can seamlessly blend into your snacks (nuts, seeds, fresh or dried fruit, granola, protein powder, etc.) so you can always feel good about what you're offering.

6. Most important, keep it simple. When it comes to snack time, don't overthink it. A few simple ingredients can create an after-school snack your kids will love: a delicious quesadilla made with tortillas, cheese and a handful of spinach; a toasted slice of whole-grain bread topped with almond butter and sliced banana; Mexican Rice Balls made with leftover brown rice, cheese cubes and a handful of spices; a healthful parfait made by layering yogurt, berry and granola in a glass or jar. You'd be surprised how simple it is to make your own fruit leather from peaches, strawberries or pineapple, and it lasts forever.

It may take a few tries to figure out what works best for you, but once you do, snack time can be something you actually look forward to rather than dread.



Easy rustic tart envelops summer tomatoes

savor

BY LEAH ESKIN
Tribune News
Service

TOMATO TART

Prep: 30 minutes plus 1 hour to chill

Bake: 30 minutes

Makes: One 9-inch tart

1/4 cup (loosely packed) slivered basil

1/4 cup freshly grated Parmesan cheese

1 tablespoon fresh thyme leaves

Tart pastry (recipe follows)

1 1/4 pounds beautiful, ripe tomatoes (a mix of colors and sizes is prettiest), sliced into 1/4-inch thick rounds

Olive oil

Salt and pepper

1. Mix: Toss together basil, cheese and thyme.

2. Roll: On a lightly floured surface, roll out pastry to a 13-inch circle. Fold in quarters and unfold onto a parchment-lined baking pan.

3. Fill: Spread herb and cheese mixture over pastry, leaving a 2-inch border bare. Cover with tomatoes,

overlapping the slices slightly. Drizzle tomatoes with a little olive oil. Season with salt and pepper.

4. Shape: Fold the pastry border up and over the tomatoes, forming a 9-inch rustic tart.

5. Bake: Slide pan onto a lower rack of a 425-degree oven and bake until pastry is golden brown and crisp, about 30 minutes. Cool 10 minutes. Slice and savor.

Tart pastry: Measure into food processor: 1 cup flour, 1 teaspoon sugar and 1/2 teaspoon salt. Pulse once to mix. Drop in 1 stick unsalted butter (cut into 5 chunks), and pulse about 5 times, until lumps range in size from crumbs to beans. Dump flour mixture into a large bowl. Drizzle in ice water, 1 tablespoon at a time, folding pastry with a flexible spatula, until pastry clumps. You'll need about 5 tablespoons water. Pat into a disk. Dust with flour. Wrap and chill at least 1 hour.

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Punch up your work lunch with open-face smorrebrod sandwiches

Some folks welcome the routine that back to school generates, not just for the kids, but for adults as well.

As parents again step into the school lunch-making routine, I look forward to my own annual upgrade of take-to-work lunches. This year, my inspiration stems from a summertime visit to The Great Northern Food Hall in New York City's Grand Central Terminal. Amazing rye bread and a stunning selection of smorrebrod propelled me into my own kitchen.

Smorrebrod, literally butter and bread, an open-face sandwich tradition from Denmark, deserves attention. One slice of bread with brilliant toppings just works — especially in an era when many of us are reducing our bread consumption.

The smorrebrod in the Northern Food Hall are made on moist, dense, slightly sweet whole-grain rye bread spread with an incredible butter. At home, I look for super-dense whole grain rye or pumpernickel bread. Then I buy the best butter I can afford — these days there are butter choices everywhere — Kerrygold Irish butter never disappoints. I like unsalted butter, but use salted if that's your thing. The butter does more than add flavor and calories — it acts like a moisture barrier between the bread and the topping, effectively preventing soggy bread.

There's no doubt that the artful arrangement of toppings on the buttered bread makes them irresistible. At home, I select top quality meats and cheese, cooked fish, interesting vegetables and crunchy fruit. I also make rich protein salads, like the salmon salad and the egg salad that follow. They hold up well in the refrigerator for most of the workweek. Then I add contrasting textural components just before serving.



A salad of salmon, both smoked and canned, mixed with hot sauce, chopped fennel (for crunch), red pepper and chives, tops slices of rye in this smorrebrod-style sandwich. Photo by Michael Tercha/Chicago Tribune/TNS

True, closed sandwiches are easier to transport (so feel free to add a top layer of bread). When serving them open face, offer a knife and fork, and spend time on some garnishes. Fresh herbs, sliced small tomatoes and shavings of carrot make easy garnishes. So do slices of pickle or radish.

To pack, consider investing in reusable, attractive to-go containers. Separate compartments prove ideal for toting moist fillings, such as egg salad, apart from the bread and lettuce.

I'm so pleased that deviled eggs are back in style — they never left our family. Now, jazzy gourmet versions are offered at all manner of restaurants. I season mayonnaise with a spoonful of dry mustard for zing and capers to help cut richness. For lunch, I skip the fuss of spooning filling into cooked whites and simply chop the eggs and mix everything together. Serve this combination open face on buttered hearty rye. Or tuck it into a ciabatta roll with peppery fresh watercress or baby arugula.

The salmon salad proves super flexible. Thanks to a tangy dairy base, most any cooked or smoked salmon works well. Canned salmon is a fast option, as is canned

tuna or shredded cooked chicken.

For those forgoing bread (it's my kryptonite), I must say that both the salmon mixture and the deviled egg salad taste great tucked into romaine lettuce leaves or spread on Belgian endive spears.

To round out my take-along lunch, I make another traditional recipe: Gazpacho — Spain's cold, refreshing soup usually reliant upon tomatoes. For variety, I use herbs and cucumber for a green gazpacho that enlivens any day. Make the vegetable base in advance, and then blend in avocado for a creamy texture. The soup keeps in the refrigerator for a few days; I pack it in jars with tight-fitting lids to transport easily.

Soup and sandwich — updated — from timeless traditions.

DOUBLE SALMON AND CHIVES ON RYE

Prep: 30 minutes

Chill: 30 minutes

Makes: about 3 cups, 6 servings

This salmon spread also tastes great on a toasted pumpernickel bagel.

1 package (8 ounces) light cream cheese, softened

1/4 cup sour cream

Finely grated lemon zest from 1/2 lemon

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

2 to 3 dashes red pepper hot sauce, optional

1/4 cup finely chopped fresh fennel bulb (or celery)

1/4 cup finely diced roasted red bell pepper (homemade or jarred)

1/4 cup chopped fresh chives

4 ounces smoked salmon, such as Nova salmon pieces, chopped, about 1 cup

1 can (6 ounces) wild Alaskan red or pink salmon, drained, flaked

Soft butter, optional

6 to 12 slices hearty rye bread

Garnishes: Fresh fennel fronds, shaved fresh fennel bulb, sliced tomato, thin apple slices

1. Stir softened cream cheese and sour cream together in medium bowl until smooth. Stir in lemon zest, salt, pepper and hot sauce until well mixed. Stir in fennel, red pepper and chives. Fold in smoked and canned salmons. Refrigerate covered up to 3 or 4 days.

2. To assemble sandwiches, spread a thin layer of soft butter (if using) over one side of a slice of bread. Top with a 1/2-inch thick smear of the salmon mixture. Garnish as desired. Serve with a knife and fork. (Or top with a second slice of buttered bread, and skip the utensils).

DEVILED EGG SALAD SANDWICHES

Prep: 30 minutes

Cook: 15 minutes

Chill: 30 minutes

Makes: 4 servings

This salad also tastes great on slices of toasted baguette, ciabatta rolls or whole wheat bread.

8 large eggs

1/2 cup mayonnaise

1/2 teaspoon dry mustard

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

1/4 cup finely minced fresh onion, rinsed well before using

1 small rib celery, finely minced

1 to 2 teaspoons drained capers, chopped (or use cornichons or dill pickle)

Softened butter

4 to 8 slices hearty rye bread

Sweet paprika

Chopped fresh chives

1. To hard-cook eggs, put them in a single layer in the bottom of a large saucepan. Add cold water to cover them by 1 inch. Heat over high heat to a boil. (Watch closely.) Boil for 1 minute — use a timer. Immediately turn off heat and set the timer for 14 minutes. When the timer rings, carefully pour off the hot water and fill the pan with cold water and a couple of handfuls of ice cubes to chill the eggs fast. Let stand until eggs feel cool. Remove from water, and refrigerate covered for several days.

2. Mix mayonnaise, mustard, salt and pepper in a medium bowl until smooth. Stir in onion, celery and capers. Peel eggs. Put 6 on a cutting board; chop roughly with a large knife. Add the chopped egg to the mayonnaise mixture; fold together gently. Taste and adjust salt if necessary. Thinly slice the remaining 2 eggs.

3. To assemble sandwiches, spread a thin layer of soft butter (if using) over one side of a slice of bread. Top with a 1/2-inch thick smear of the egg mixture. Top with sliced egg, a sprinkle of paprika and fresh chives. Serve with a knife and fork. (Or top with a second slice of buttered bread.)

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BY AMY
CLARK
Contributing
Writer

Think pink this fall — the fight against breast cancer

One in eight women in the United States will develop breast cancer during her lifetime. October is Breast Cancer Awareness Month, so what better time than now to review how a healthy lifestyle can help decrease breast cancer risk?

The best advice today, in the fight against developing breast cancer, is to avoid tobacco, maintain a healthy body weight and to work toward a healthy lifestyle that involves a well-balanced diet that is lower in fat and high in vegetables and fiber, and staying active throughout life.

MAINTAIN A HEALTHY WEIGHT: Weight gain, especially following menopause, tends to increase the risk for breast cancer. The key is to maintain a healthy weight. Keep a weight scale at home and monitor your weight weekly. If you need assistance for weight management, seek out a dietitian to help determine a healthy weight and to provide guidance.

FILL HALF YOUR PLATE FULL OF FRUITS AND VEGETABLES: There's much research that still needs to be completed to determine if certain foods and their nutrients can lower the risk of breast cancer. The best advice at this time is to eat whole foods as part of an overall healthy diet, with special emphasis on controlling calorie intake to help get to, and maintain, a healthy weight. Your local dietitian can be helpful in determining your body's calorie needs to best meet your goal. There also is an easy method to help determine what to eat at meal times. Simply use your plate to guide you by filling it half-full of fruits and vegetables, one-quarter with whole grains and beans, and one-quarter with lean meats such as chicken breast, turkey, seafood, lean pork and lean beef. When choosing fruits and vegetables, think of color variety, as colorful vegetables and fruits contain natural health-promoting substances called phytochemicals. Choose lower-fat milk and dairy products, as well as lean meats to keep fat intake adequate, but not excessive. Reduce the amount of fat in your meals by using a lower-fat cooking method, such as baking or broiling. Talking to your local dietitian is also beneficial to learn

how to read food labels and to get a better understanding of portion size.

ENGAGE IN REGULAR PHYSICAL ACTIVITY: Making physical activity a part of your lifestyle can help you maintain a healthy weight. For most healthy adults, the Department of Health and Human Services recommends at least 150 minutes a week of moderate aerobic activity (brisk walking, dancing, leisurely bike ride) or 75 minutes of vigorous aerobic activity (jogging, running, swimming, circuit weight training). Make a personal commitment to yourself and your health by finding things you enjoy to meet the physical activity recommendations. Try a brisk walk, a good hike, a bike ride or an exercise class or circuit training session at the local fitness center.

LIMIT ALCOHOL: The general recommendation — based on research on the effect of alcohol on breast cancer risk — is to limit to less than one drink per day as even small amounts increase risk. A drink of alcohol is defined as 12 ounces of beer, 5 ounces of wine, or 1½ ounces of 80-proof distilled spirits (hard liquor). Women with a higher risk of developing breast cancer may want to consider avoiding alcohol all together.

Massaged Kale Pear Salad

All you need:

- 1 bunch kale, washed, stems removed and discarded, leaves cut into bite-sized pieces
- Juice of one lemon, divided
- Drizzle of extra-virgin olive oil plus 1/4 cup for dressing
- Pinch of salt, to taste
- 2 teaspoon honey or agave nectar
- Freshly ground black pepper
- 1 Asian pear, diced small (about 1 cup)
- 2 rounded tablespoons slivered almonds

All you do:

In large serving bowl, add the kale, half the lemon juice, a drizzle of oil and a small pinch of salt. Massage until the

kale starts to soften and wilt, 1 to 2 minutes. Set aside.

In a small bowl, whisk remaining lemon juice with the honey and freshly ground black pepper. Stream in the 1/4 cup oil while whisking, until a dressing forms.

Pour the dressing over the kale; add the mango and slivered almonds.

Toss and serve. Keeps well in the refrigerator for up to 2 to 3 days.

Source: Hy-Vee Dietitians

Spaghetti Squash Spaghetti

Serves 5 (1 1/4 cup each).

All you need:

1 (3 pound) spaghetti squash

Water, as needed

1 pound lean ground turkey

1 (23.25 oz) jar Prego Light Smart

Parmesan cheese, salt, pepper and dried oregano, for serving

All you do:

Preheat oven to 350 degrees. Halve squash lengthwise; remove and discard seeds. Place squash halves, cut sides down, in a large baking dish. Add a small amount of water to the baking dish. Using a fork, prick the skin all over. Bake, uncovered, for 30 to 40 minutes or until tender.

Meanwhile, brown ground turkey. Stir in spaghetti sauce.

Remove spaghetti squash from skin with a fork. Add "noodles" to the spaghetti sauce mixture.

Top with Parmesan cheese, salt, pepper and dried oregano to taste.

Nutrition Facts per serving: 250 calories, 8g fat, 2.5g saturated fat, 0g trans fat, 80mg cholesterol, 530mg sodium, 26g carbohydrate, 6g fiber, 13g sugar, 24g protein.

Daily values: 15% vitamin A, 15% vitamin C, 8% calcium, 20% iron.

Source: Hy-Vee Dietitians

Brussels Sprouts with Walnut-Lemon Vinaigrette

Serves 4 (3/4 cup each).

All you need:

1 pound Brussels sprouts, trimmed and quartered

2 tablespoon walnut oil

1 tablespoon minced shallot

1/4 teaspoon freshly grated lemon zest

1 tablespoon lemon juice

1 teaspoon whole-grain or Dijon mustard

1/4 teaspoon salt

Freshly ground pepper, to taste

All you do:

Place Brussels sprouts in a steamer basket and steam in a large saucepan over 1 inch of boiling water until tender, 7 to 8 minutes.

Meanwhile, whisk oil, shallot, lemon zest, lemon juice, mustard, salt and pepper in a medium bowl. Add the sprouts to the dressing; toss to coat.

Nutrition Facts per serving: 108 calories, 7g fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 188mg sodium, 10g carbohydrate, 3g fiber, 3g protein.

Source: adapted from Eating Well, Inc.

The information is not intended as medical advice. Please consult a medical professional for individual advice.



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Community Benefits from Bureau's Grant Program

While the Ames Convention & Visitors Bureau's primary mission is to welcome visitors to the Ames area, it also works to enhance the community it represents. The Ames Convention & Visitors Bureau Community Grant Program is a way for the Bureau to give back to the city it promotes. 2017 will mark the eleventh year the grant program has been supporting organizations that host local events and activities that enrich the quality of life for citizens and visitors alike.

Receiving a Grant

Grants are awarded annually on the basis of merit as determined by the Bureau's Grant Committee and administered by the Bureau. For the Bureau and Ames hotels, the grant program is an opportunity to assist outstanding groups that add to the community's vitality through the activities and events they host.

"The funds received from the Bureau's Community Grant program allowed us to expand our Summerfest event this year, making it an even better opportunity for residents and visitors alike to enjoy a terrific day in Campustown," said Karin Chitty, executive director of Campustown Action Association.

Application Process

Applications are accepted from public and private organizations. Grants are given to cultural, educational, environmental, recreational or artistic events/activities. Examples of past grant recipients include: Octagon's 50th Anniversary events, "Cinderella" the opera, the Ames Independence Day Fireworks, Cyclone Stampede Rodeo, Ames Main Street Farmers' Market and Story County Conservation's Partners Spring Festival.

To be considered for funding, events/activities must be open to the public. The review committee rates applications on the following criteria:

- Ability to create a positive perception of Ames and improve the quality of life for community members.
- Demonstrated enthusiasm and commitment for the success of the event or activity
- Ability to attract visitors or enhance their stay in the area
- Diversity and uniqueness of the event or activity
- Appeal of the activity or event to a broad-based audience



Reiman Campanile Fireworks, photo courtesy of Bob Kelly

Bureau Promotes Events

The Bureau provides more than simply funding dollars to its grant recipients. All events and activities that receive a grant are promoted via the Bureau's website and social media. The Bureau also posts member organizations' press releases and YouTube videos, mentions community grant events on radio spots, and lists grant events in the Bureau's CYtes magazine's calendar of events. This additional exposure is helpful to organizations as they work to promote their activities.

Jill Crosser, executive director of the Iowa Able Foundation, touched on how the grant program has impacted her organization, "Since we are a small nonprofit, the funding we've received from the Bureau's Community Grant program has been extremely valuable. It allowed us to cover some costs of our annual event, the Iowa Able Run. Still, it's not just the funding that is appreciated. The Bureau works with us to promote the run. They help us reach a much larger audience which translates into more participants. Also the Bureau's marketing allows our organization to gain additional exposure in the community. The chance to share our mission with the community is an added benefit." Crosser continued, "The Bureau's Community Grant program is special because the events it sponsors



2016 Ames Main Street Farmers' Market

bring the community together. It encourages us to get out and experience all our area has to offer."

There's still time to apply for a 2017 grant!

Grant applications are available online at thinkames.com. Please submit your application via email to Angela Davidson at angelad@amescvb.com or mail it to the Bureau's office at 1601 Golden Aspen Drive, Suite 110, Ames, IA 50010. Applications must be submitted by noon on Wednesday, October 12, 2016.

Since 2007, the Ames Convention & Visitors Bureau Community Grant Program has awarded more than \$470,000 to help fund nearly 200 events and projects throughout the area, said Julie Weeks, director of the

Bureau. "Each year grant recipients host events that engage, entertain, and educate. It's extremely rewarding to think of how the Bureau and Ames hotels have contributed to so many events which add excitement and spark to our city. We look forward to 2017 and new opportunities for the grant program to assist organizations and give back to the community."

Don't miss the next Bureau community grant event! To learn more, visit cytesofames.com for a full listing of events or call us at 515.232.4032.



2016 Iowa Able Run



2016 Summerfest in Campustown





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